



# ***FASD/DAB Newsletter***

*Fetal Alcohol Spectrum Disorders & Drug Affected Babies in Maine*

Updates from the Maine Office of Substance Abuse and Mental Health Services  
Issue: March 2014

## ***Welcome!***

The purpose of this newsletter is to streamline communication and promote idea-sharing in order to reduce the negative impacts of substance use during pregnancy. Each quarterly publication will include the latest news and research and will share highlights of the various activities that are happening throughout our state and around the nation.

It is vital to stay up-to-date with the ever-growing research related to drug and alcohol use during pregnancy. As important, however, is learning from each other's experiences, successes and challenges. This newsletter serves as an arena to share our progress as it relates to Fetal Alcohol Spectrum Disorders (FASD) and Drug Affected Babies (DAB) awareness and education in Maine.

I encourage you to submit information for future newsletters so that we can build on each other's knowledge and lessons learned in order to provide the best care we can for Maine families. I look forward to sharing and connecting with you.

-Andrea Pasco, FASD/DAB State Coordinator  
Maine Office of Substance Abuse and Mental Health Services

## ***FASD/DAB Task Force***

The mission of the Statewide FASD/DAB Task Force is to improve the lives of families in Maine by working collaboratively to:

1. Prevent substance use during pregnancy
2. Increase access to services for pregnant women
3. Improve outcomes for people prenatally affected by drugs and alcohol.

Meetings are held on the 4<sup>th</sup> Tuesday of every other month from 1pm-3pm at 41 Anthony Avenue in Augusta.

Membership includes broad representation from around the state but newcomers are always welcome. If you are interested in joining the FASD/DAB Task Force or receiving meeting minutes, please contact Andrea Pasco at 207-287-2816 or [andrea.pasco@maine.gov](mailto:andrea.pasco@maine.gov).



## ***In This Issue***

FASD/DAB Task Force Initiatives  
Maine Highlights  
Upcoming Events & Training Opportunities  
National News & Research  
Maine News  
Resource Links



*Substance Abuse  
and Mental Health Services*

*An Office of the  
Department of Health and Human Services*

## Task Force Activities

Are you a primary care provider, pediatrician, nurse practitioner, occupational or physical therapist, psychologist, psychiatrist or social worker practicing in Maine? **We need your help!**

Our Task Force is currently working on a needs assessment to identify the FASD training needs of professionals around the state. You can assist our effort by completing a **brief survey** [Click here](#). The final result of this effort will be the creation and distribution of a resource guide for people living with FASD and their caregivers in Maine, designed to assist them in identifying professionals who are trained to address the unique challenges posed by FASD.

We have also begun disseminating our **FASD prevention materials** throughout the state – see poster image to the right. If you are interested in obtaining posters and/or brochures, please contact Andrea Pasco at 207-287-2816 or [andrea.pasco@maine.gov](mailto:andrea.pasco@maine.gov).

SAMHS would like to extend our sincere thanks to **Hannaford Supermarkets** for their support of our FASD prevention efforts. Through their corporate office, posters have been delivered to all of their stores throughout Maine.

Our Task Force is also actively promoting the use of **Text4baby**. Text4baby is the first mobile information service designed to promote maternal and child health through text messaging. Text4baby is a free service of the nonprofit National Healthy Mothers, Healthy Babies Coalition (HMHB) and was created in collaboration with Founding Sponsor Johnson &

Johnson, and founding partners Voxiva, The Wireless Foundation, and Grey Healthcare Group (a WPP company). Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. The messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more. Join the efforts of several Maine organizations and encourage women to utilize this service. If you would like Text4baby materials to share with others, please contact Andrea Pasco at 207-287-2816 or [andrea.pasco@maine.gov](mailto:andrea.pasco@maine.gov).

**Alcohol use during pregnancy is the  
#1 cause of preventable birth defects.**

-U.S. Centers for Disease Control



Have a  
**healthy** baby.  
Be an **alcohol-free**  
mother-to-be.

**There is NO safe time, NO safe kind and  
NO safe amount of alcohol during pregnancy.**

You are not alone. Help is available.  
Dial 2-1-1 to find resources in your area.

For educational materials:  
Contact SAMHS Information & Resource Center  
Phone: 1-800-498-0027  
Email: [osa.jrcosa@maine.gov](mailto:osa.jrcosa@maine.gov)  
TTY: 711 (Maine Relay)



Substance Abuse  
and Mental Health Services  
Administration  
An Office of the  
Department of Health and Human Services

This work is part of the Maine Affordable Care Act Material,  
Infant and Early Childhood Home Visiting Program, which is  
funded by the U.S. Department of Health and Human Services,  
Health Education and Service Administration, Maternal and  
Child Health Bureau through Grant 5U49MC23145.

## *Upcoming Events & Educational Opportunities*

### **Snuggle ME Webinar Series**

Dr. Amy Belisle, Medical Director of Quality Counts for Kids, and Kelley Bowden, MS, RN, the Perinatal Outreach Nurse Educator for the Maine CDC, will be hosting a series of “Snuggle ME” Webinars with presentations by both national and state experts on how to identify the substance exposed pregnancy/newborn, optimize care and coordination for women and children affected by substance use in pregnancy. We hope that you will join us and bring your voice to the conversation about this important topic. To learn more about these webinars or to register, please [click here](#). To view the Snuggle ME guidelines now posted on the Maine CDC website please [click here](#)

### **The Power of Family: It's More Than Surviving, It's Thriving**

Adoptive and Foster Families of Maine & The Kinship Program in collaboration with the Department of Health & Human Services and the Foster Family Treatment Association presents the 17<sup>th</sup> Annual Spring Conference on April 25 & 26, in Bangor. For more information, please contact 207-827-2331 or [info@affm.net](mailto:info@affm.net).

### **Transdisciplinary Approaches to Caring for Drug Affected Mother/Baby Dyads part 2**

This conference will be held at Maine Medical Center on Friday, May 2, 2014. Topics will include: breastfeeding, neonatal abstinence syndrome (both pharmacological and non-pharmacological treatments), intrapartum and postpartum pain management and a parent panel. Registration information will be available soon. For more information, please email [woods4@mmc.org](mailto:woods4@mmc.org) or call 207-662-2290.

### **Changing the Legacy of Addiction: Making Recovery Visible & Enhancing Systems of Care**

This conference is hosted by the Penquis Regional Linking Partnership and will be held in Bangor on April 10, 2014. For more information, contact Jenny Dow at 207-941-2988.

Visit the **FASD Center for Excellence** Training Calendar [here](#). They are a clearinghouse for training opportunities related to FASD.

Visit the **National Alliance for Drug Endangered Children's** website [here](#) for a list of their archived webinars.



## **SAVE THE DATE**

*The Statewide FASD/DAB Task Force presents...*

### **Fetal Alcohol Spectrum Disorders: Diagnosis & Effective Interventions for Providers**

**September 9, 2014**  
8:00am – 4:00pm  
Augusta, Maine

**Who should attend:** primary care physicians, pediatricians, psychologists, psychiatrists, occupational and physical therapists, speech pathologists, social workers, case managers, home visitors, child welfare professionals, drug/alcohol counselors, and other providers working with people with prenatal alcohol exposure.

Registration information will be available in June 2014.  
FMI contact Andrea Pasco at 207-287-2816 or [andrea.pasco@maine.gov](mailto:andrea.pasco@maine.gov).

## Maine News & Highlights

### Exposed risks: Identifying gene variations could help predict severity of opioid withdrawal symptoms in newborns

*"At issue are the severe, potentially life-threatening withdrawal symptoms in newborns that can lead to complications, such as seizures and regulatory instability in feeding and sleep."*

This article highlights the work of Dr. Mark Brown, chief of pediatrics and director of nurseries at Eastern Maine Medical Center, and Marie Hayes and her research team comprised of UMaine's Graduate School of Biomedical Science and Engineering students.

[Click here](#) for the full article.

*UMaine Today, Fall 2013*

## National News & Research

Excessive alcohol use accounted for an estimated 88,000 deaths in the United States each year during 2006–2010, and \$224 billion in economic costs in 2006. Since 2004, the U.S. Preventive Services Task Force (USPSTF) has recommended alcohol misuse screening and behavioral counseling (also known as **alcohol screening and brief intervention** [ASBI]) for adults to address excessive alcohol use; however, little is known about the prevalence of its implementation. ASBI will also be covered by many health insurance plans because of the Affordable Care Act. Read the full article [here](#).

*Morbidity and Mortality Weekly Report (MMWR)*  
January 10, 2014 / 63(01);16-22

In the latest findings from an ongoing study of the effects of **prenatal methamphetamine exposure** on child development, primary caregivers reported more signs of increased emotionality, anxiety, and depression in exposed non-exposed children at ages 3 and 5 years. The caregivers also reported that at age 5, methamphetamine-exposed children

were less able to sustain attention and more prone to act out aggressively or destructively than were non-exposed children. To read more, [click here](#).

*National Institute on Drug Abuse*  
December 21, 2012

**Children with disabilities**—such as physical, developmental, intellectual, emotional, and sensory disabilities—**are at an increased risk of being bullied**. Any number of factors—physical vulnerability, social skill challenges, or intolerant environments—may increase the risk. Research suggests that some children with disabilities may bully others as well. Read the full article and access resources [here](#).

*Stopbullying.gov*

### What you don't know about drinking and pregnancy: Four mothers tell their stories

To read the full article, [click here](#).

*Anchorage Daily News, February 22, 2014*

### SAMHSA Announces New Grant Program for Residential Treatment for Pregnant and Postpartum Women

Click [here](#) to access the RFA.  
*SAMSHA February 28, 2014*

In observance of March as **Intellectual and Development Disabilities Month**, our Ask the Expert column by Callie Gass reviews the history of alcohol use in pregnancy, and the ongoing relevance of fetal alcohol spectrum disorders (FASD) as a major public health concern. She answers questions about the impact of FASD, and the steps that SAMHSA and the SAMHSA FASD Center for Excellence are taking to promote awareness, prevention, and treatment. Read the full column [here](#).

*FASD Center for Excellence, March 10, 2014*

**To visit the Maine Office of Substance Abuse and Mental Health Services Facebook page, [click here](#).**





## *Resource Links*

[Adverse Childhood Experiences Study \(ACES\)](#)

[American Academy of Pediatrics \(AAP\)](#)

[American College of Obstetricians and Gynecologists \(ACOG\)](#)

[Co-Occurring Collaborative Serving Maine \(CCSME\)](#)

[FASD Center for Excellence](#)

[Healthy Maine Partnerships \(HMPs\)](#)

[Maine Alliance to Prevent Substance Abuse \(MAPSA\)](#)

[Maine Association for Infant Mental Health \(MeAIMH\)](#)

[Maine Association of Substance Abuse Programs \(MASAP\)](#)

[Maine CDC Injury Prevention Program](#)

[Maine CDC Public Health Nursing Program](#)

[Maine CDC Women, Infants and Children Nutrition Program \(WIC\)](#)

[Maine Child Abuse Action Network \(CAAN\)](#)

[Maine Children's Growth Council \(MCGC\)](#)

[Maine Children's Trust](#)

[Maine Coalition against Sexual Assault \(MECASA\)](#)

[Maine Coalition to End Domestic Violence \(MCEDV\)](#)

[MaineFamilies](#)

[Maine Pregnancy Risk Assessment Monitoring System \(PRAMS\)](#)

[Maine Public Health Association \(MPHA\)](#)

[March of Dimes](#) Maine Chapter

[National Child Traumatic Stress Network \(NCTSN\)](#)

[National Drug Endangered Children Alliance](#)

[National Healthy Mothers, Healthy Babies Coalition](#)

[National Organization on Fetal Alcohol Syndrome \(NOFAS\)](#)

[Northern New England Poison Center \(NNEPC\)](#)

[Planned Parenthood of Northern New England \(PPNNE\)](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Text 4 Baby](#)

<http://www.cdc.gov/ncbddd/fasd/index.html>  
(CDC FASD)

